

February

Monday

Tuesday

Wednesday

2 Groundhog Day	3	4
9	10	11
16 President's Day	17	18
23	24	25

January						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Thursday

Friday

Saturday

Sunday

			1
5	6	7	8
12	13	14	15
Lincoln's Birthday		Valentine's Day	
19	20	21	22
			Washington's Birthday
26	27	28	29

February

Health Activities and Observances

*How wonderful it is that
nobody need wait a single
moment before starting to
improve the world.*

-Anne Frank



American Heart Health Month
Low Vision Awareness Month
National Children's Dental Health Month
Wise Health Consumer Month
Cardiac Rehabilitation Week (10-14)
National Burn Awareness Week (1-7)
National Child Passenger
Safety Awareness Week (9-15)
National Eating Disorders Awareness
Week (22-29)
Pulmonary Rehabilitation Week (10-14)
National Girls and Women in Sports Day (4)

NOTES _____

February

M	T	W	T	F	S	S
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23	24	25	26	27	28	29

NOTES _____

Mon 2 _____

Tue 3 _____

Wed 4 _____

Thu 5 _____

Fri 6 _____

Sat 7 _____

Sun 1 _____

Sun 8 _____

M	T	W	T	F	S	S
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February

Mon	9	_____	Mon	16	_____
Tue	10	_____	Tue	17	_____
Wed	11	_____	Wed	18	_____
Thu	12	_____	Thu	19	_____
Fri	13	_____	Fri	20	_____
Sat	14	_____	Sat	21	_____
Sun	15	_____	Sun	22	_____

February

M	T	W	T	F	S	S
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Mon 23

NOTES

Tue 24

Wed 25 _____

Thu 26

Fri 27 _____

Sat 28

Sun 29



Wellness starts with... A Healthy Heart and Stroke Prevention

Did you know that, in the United States, more women die from heart disease than from any other cause, including all types of cancer? Heart disease and stroke—two main cardiovascular diseases—are the first and third leading causes of death for women in the U.S.

Know the Warning Signs of a Heart Attack

Every minute counts, even if the symptoms seem to disappear! Know that not everyone gets all of these warning signs. Sometimes these signs can go away and return. Treatments are most effective if given within one hour of when the attack begins. **If you have these symptoms, call 911 right away!**

Signs of Heart Attack

- chest discomfort or uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts longer than a few minutes, or comes and goes
- spreading pain to one or both arms, back, jaw, or stomach
- cold sweats and nausea

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to have some of the other warning signs, such as shortness of breath, nausea, vomiting, and back or jaw pain.

The most common form of heart disease is coronary heart disease (CHD). The heart needs oxygen that it gets through the blood in the coronary arteries. When the arteries get smaller or clogged and can't get enough blood to the heart, you get CHD. If the blood supply is completely cut off, you can have a heart attack. The part of the heart that does not get oxygen begins to die, and some of the heart muscle may be permanently damaged.

There are two types of stroke. An ischemic (iss-kee-mik) stroke happens when a blood vessel that goes to the brain is blocked, and blood can't get to the brain. A hemorrhagic (heh-muh-ra-jik) stroke happens when a blood vessel breaks and blood goes into the brain. Sometimes a person can have a "mini stroke," or *transient ischemic attack (TIA)*. A TIA is a stroke that happens when a blood vessel to the brain is blocked for a short time and less blood reaches the brain. You may have weakness on one side of the body, sudden loss of vision, numbness, tingling, and/or problems speaking and walking. It can last a few minutes up to 24 hours. Then you're back to normal. Many people don't even know they've had a TIA, because it doesn't cause lasting damage. However, a TIA is usually a sign of a full stroke to come, so it's important to know these symptoms.

Are You at Risk for a Heart Attack or Stroke?

Many women don't take their risk of cardiovascular disease seriously or personally. Anything that increases a woman's chance of getting a disease is called a risk factor. Women often fail to make the

connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease. Some risk factors for heart disease and stroke, such as age, race, and family history, are out of your control.

There are risk factors you CAN do something about:

High blood pressure (hypertension). Blood vessels become tight and constricted, forcing your heart to pump harder to move blood through your body. These changes cause the blood to press on the vessel walls with greater force.

High blood cholesterol. Cholesterol can build up on the walls of the arteries that carry blood to your heart, slowing down or blocking the flow of blood and oxygen to your heart.

Smoking. Cigarette smoking increases the risk of CHD by increasing blood pressure, decreasing ability to exercise, and increasing the tendency for blood to clot. Smoking also increases LDL (bad) cholesterol and decreases HDL (good) cholesterol.

Being overweight. Overweight women are more likely to develop heart-related problems even if they have no other risk factors. Being overweight increases the chance of developing other risk factors, such as high blood pressure, high blood cholesterol, and diabetes.

No physical activity. Physical inactivity adds directly to heart-related problems and increases the chances of developing other risk factors, such as high blood pressure and diabetes.

Diabetes. Diabetes raises the risk of heart disease and stroke. About 75 percent of people with diabetes die from some type of cardiovascular disease. Diabetic women are more likely to have high blood pressure and high blood cholesterol.

Blood Pressure

Blood pressure is a measure of the force of blood pumped from the heart against the walls of your

Know the Warning Signs of a Stroke

Not everyone gets all of these warning signs. Sometimes, these signs can go away and return.

- sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- sudden confusion, or trouble speaking or understanding speech
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, or loss of balance or coordination
- sudden severe headache with no known cause
- blurred or double vision, drowsiness, and nausea or vomiting

Every minute counts, even if the symptoms seem to disappear! Treatments are most effective if given within one hour of when the stroke begins. **If you have these signs, call 911 right away!**

arteries (or blood vessels). Blood pressure is read as two numbers: a top number (systolic pressure), or the pressure of blood in the vessels as the heart beats; and a bottom number (diastolic pressure), or the pressure of the blood between heartbeats. Ask your health care provider to tell you what your blood pressure number is and what this means for you.

Blood Pressure Measurements for Adults

Category	Systolic		Diastolic
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Hypertension stage 1	140-159	or	90-99
Hypertension stage 2	≥160	or	≥100

< is less than, ≥ at or greater than

Total Blood Cholesterol

When you have your cholesterol checked, it will come back with four numbers: total cholesterol, LDL, HDL, and triglycerides.

- **Total blood cholesterol** is your overall score. Less than 200 mg/dL (milligrams per deciliter) is desirable; 200-239 mg/dL is borderline high, and 240 mg/dL and above is high.
- **Low density lipoprotein (LDL)** is “bad cholesterol” because it blocks your arteries. A level of 160 mg/dL or above is high.
- **High density lipoprotein (HDL)** is “good cholesterol” because it takes the bad cholesterol out of your blood and keeps it from building up in your arteries. For HDL, higher numbers are better. An HDL level under 40 is a major risk factor for heart disease, whereas an HDL level of 60 or above is normal.
- **Triglycerides** are another form of fat in your body. A triglyceride level of 150-199 mg/dL is borderline high and 200 mg/dL or more is high.

Steps You Can Take for a Healthier Heart

- Don't smoke or quit if you do. Ask your health care provider for help.
- Control your blood pressure. Ask your health care provider what a healthy number is for you and how often you need it checked.
- Eat healthy by including plenty of whole grain products, vegetables, and fruits in your diet. Choose a diet low in total fat, saturated fat, and cholesterol and moderate in sugars, salt, and sodium. If you drink alcohol, do so in moderation. Talk to your health care provider about a heart-healthy eating plan for you. *See page 116 for more information on nutrition.*
- Lower your cholesterol to the right level, based on your personal risk. Eat foods low in cholesterol and saturated fat, get 30 minutes of physical activity on most days of the week, and control your weight. Medicines that lower cholesterol might also help. Talk to your health care provider to find out what would work for you.
- Get at least 30 minutes of physical activity on most days of the week. Although larger women may face special challenges, just moving any part of your body—even for a short time—can make you healthier.
- Maintain a healthy weight. Ask your health care provider what a healthy weight is for you.
- Have a normal fasting blood glucose level (below 110 mg/dL). Ask your health care provider when you should be tested. If you have diabetes, monitor and control your blood sugar levels.
- Talk with your health care provider about your heart disease risks and your family's heart disease history.
- Talk with your health care provider about whether hormone therapy (estrogen plus progestin) is right for you. Recent studies show it can raise your risk of heart attack, stroke, blood clots, and breast cancer. You should not continue or start this medication to prevent heart disease.
- Manage your heart disease, if you have it. Your health care provider can treat your heart disease with medication to help prevent the formation of blood clots.
- If you have ever had a “mini stroke,” or if you have risk factors for stroke, tell your health care provider.

**For more information on living with a healthy heart and stroke prevention,
check out these resources:**

**Act in Time to Heart Attack Signs
National Heart, Lung, and Blood Institute**

Internet: www.nhlbi.nih.gov/actintime
Phone: 301-592-8573

**National Institute of Neurological Disorders
and Stroke**

Internet: www.ninds.nih.gov/health_and_medical/disorders/stroke.htm
Phone: 800-352-9424

**National Coalition for Women with Heart
Disease - WomenHeart**

Internet: www.womenheart.org
Phone: 202-728-7199

American Heart Association

Internet: www.americanheart.org
Phone: 800-242-8721

Publications:

The Healthy Heart Handbook for Women
Internet: www.nhlbi.nih.gov/health/public/heart/other/hhw/hdbk_wmn.pdf

Your Guide to Lowering High Blood Pressure
Internet: www.nhlbi.nih.gov/hbp

Stroke: Prevention and Treatment
Internet: www.nia.nih.gov/health/agepages/stroke.htm

Women: Warning! It Could be a Heart Attack!
Internet: www.4woman.gov/owh/pub/factsheets/heartattack.htm

Stroke: Hope Through Research
Internet: www.ninds.nih.gov/health_and_medical/pubs/stroke_hope_through_research.htm



www.nhlbi.nih.gov/health/hearttruth



4 Your Heart

(www.4woman.gov/heart/index.htm)

This web site keeps you up to date on recent news, has helpful information about heart disease, and offers a useful survey which tells you what your personal risk is for heart disease.

***We must educate
ourselves and other women about
the risks of heart disease - and we
must commit ourselves to a lifestyle
that promotes lifelong health.
Preventive screenings, healthy
eating, and exercise are vital
steps we must take for good
overall health.***

-Laura Bush